

Yoga Classes for Veterans



Veterans must be referred by their Primary care team

- Make the referral to **WRIISC Yoga Wellness** for classes at Palo Alto & Menlo Park
- Make the referral to **Yoga Wellness Telehealth** for classes at the CBOCs

Local Veterans may attend yoga classes on a drop-in basis once we receive the referral or request an appointment through VA scheduling.

Telehealth students must contact Louise Mahoney to schedule their first appointment after being referred.

For more information contact
Louise: 650-849-0407 or
Linda/Danae: 650-493-5000 x
62355
Email: louise.mahoney2@va.gov

Monday	Tuesday	Wednesday	Thursday	Friday
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Drop-in Yoga Classes at **PAD** and **Menlo Park**

Chair Yoga 3-4 pm	Women Only Chair Yoga 2-3 pm	Mat Yoga 11am-12 pm	Chair Yoga 10-11 am	Chair Yoga 10-11 am
Yoga Meditation 4-4:30 pm	PAD Bldg. 5, A431	PAD Bldg. 4, Room C260	PAD Bldg. 4, Room C260	PAD Bldg. 4, Room C260
PAD Bldg. 4, Room C260		Mat Yoga 7-8 pm MPD Welcome Center, Art Room		Women Only Mat Yoga 12:15-1:15 pm PAD Bldg. 5, A431

Yoga Classes Offered at the Community Clinics by **Telehealth**

Chair Yoga 3-4 pm	Women Only Chair Yoga 2--3 pm			Chair Yoga 10-11 am
FRC, MOC, MONT, SJC, SOC, STC	MOC, MONT, SOC, STC			CAC, FRC, MONT, SJC, STC

Drop-in Class Locations:

PAD – 3801 Miranda Ave, Palo Alto, CA
MPD - 795 Willow Road, Menlo Park, CA

Telehealth Class Locations:

Capitola (CAC), Fremont(FRC), Modesto (MOC), Monterey (MONT), San Jose(SJC), Sonora(SOC), Stockton(STC)

